



Hello Everyone,

Welcome to the Spring edition of SAFE, the newsletter that **Supports Additive Free Eating**, especially in schools, kinders and child care centres. My apologies for this edition being long overdue - it's Summer already! - due mainly to family commitments, but also to an increase in inquiries. Jenny and I have been very busy getting out and talking to parents, teachers and students, and also helping growing numbers of consumers to more easily find safe alternatives in the supermarket.

This issue includes the very latest findings in research, lists some additive free products and includes some Additive Free School Lunch Suggestions with Recipes. Check out this link to the updated fact sheet [www.fedupwithfoodadditives.info/factsheets/Facttuckshops2.htm](http://www.fedupwithfoodadditives.info/factsheets/Facttuckshops2.htm) for some additive free menu suggestions and see how some Australian schools are Eating for Success at [www.fedupwithfoodadditives.info/factsheets/Factsuccess1.htm](http://www.fedupwithfoodadditives.info/factsheets/Factsuccess1.htm). For those of you based in Victoria, consider having Additive Education come out to your school or kinder.

## Latest Research

In September this year, Southampton University in the UK published a study funded by the Food Standards Agency, which found that artificial additives are connected to tantrums, poor concentration and slow progress at school. The amount of additives given was less than what many children can get in a day, and the result was increased hyperactive behaviours, such as inattention, impulsivity and overactivity.

The findings show that adverse effects are not just seen in those with conditions such as ADHD, but in the general population, with varying severity. The researchers point out that as increased hyperactivity is clearly associated with the development of educational difficulties, especially in relation to reading, the effects of these additives could affect a child's ability to benefit from the whole experience of schooling. So all children could benefit from the removal of these additives from their food.

See the study for free at [http://www.precaution.org/lib/food\\_additives\\_and\\_hyperactivity.070906.pdf](http://www.precaution.org/lib/food_additives_and_hyperactivity.070906.pdf).

## In Australia

In the UK, the Food Standards Agency is urging manufacturers to take action and remove these additives from their products. In Australia, FSANZ appears non-committal about these findings. One would imagine that results from a study funded by any official food standards organisation, should be taken very seriously indeed. Why are FSANZ not initiating action of their own to ensure the safety of the Australian consumer?

It's not commonly known that food additives are not tested for their effects on behaviour or learning ability, at all, before they are approved for use. However, the assumption is made that they have been approved for use, therefore they must be safe. Our working definition of good nutrition and healthy eating does not take into account the possible effect of food additives. This is because the Australian Guide to Healthy Eating, which is compiled by the National Health and Medical Research Council, also relies on the assumption that FSANZ has thoroughly tested all food additives before approving them for use.

The responsibility for avoiding these nasty additives remains with you. The following additive free products are suggested to help you provide SAFE, healthy food options.

## Additive Free Products

*Free of over 50 additives known to cause health, behaviour and learning difficulties.*

*Other products from the same company may not be SAFE. Continue to check ingredients when purchasing products as they can change. Assessing the nutritional value of these products in your total diet remains your responsibility.*

- I **Naturally Organic Oat Slice** (few varieties) made by the All Natural Bakery. They are sold individually in 100g slices with no artificial flavours, colours or preservatives - very much like a homemade product
- I **Khobz Pita Bread** - Some flat bread and wraps without preservatives (beware - the *Original Souvlaki Bread* DOES contain preservative 282). The *Family Pita Pockets* are a good size for the lunch box, whilst the *Original Pita Bread* is great to cut in half and roll up. Further information at [www.mebfoods.com.au](http://www.mebfoods.com.au)
- I **Amore Fruity Nut Bars** - sold in multi packs
- I **Nemar All Natural 100s and 1000s** - larger Coles stores or Independent Grocers
- I **"You'll Love Coles" Jelly Crystals** - naturally coloured and flavoured (beware the Lite variety)
- I **Paddle Pops Minimilks** - multi packs of Chocolate, Strawberry and Vanilla
- I **Nestle Larry's Lemonade** plain icypoles
- I **Peters Dixie Cup Ice-Cream** - a small serve, relatively low fat, not overly sweet vanilla icecream, and they're Failsafe!
- I **Carman's Original Recipe Muesli Breakfast Bars** (Fruit Free variety ONLY) Wheat Free & Fruit Free. Further information at [www.carmansfinefoods.com.au](http://www.carmansfinefoods.com.au)
- I **Uncle Tobys Le Snack** - original cheddar cheese variety only (does have added flavour)

## Additive Free School Lunch Suggestions and Recipes

The following lunch box samples were put together by Teresa in Melbourne as a display for a recent Additive Free information session and morning tea. Many of the recipes are courtesy of Sue Dengate.

In foods such as bread, yoghurt, cheese, crackers, mayonnaise and cold meat, you will need to choose the type or brand that does not use any nasty food additives.

\* recipe follows

- (1) Chicken\*, lettuce and mayo Roll  
2 x Anzac biscuits\*  
Tub of yoghurt eg Nestle All Natural Vanilla  
Celery stick filled with cream cheese  
A piece of fruit
- (2) Salad Sandwich  
Slice cheese on Poppy/sesame seed Biscuits  
Teddy bear biscuit with marshmallow melted\*  
Small bag of Smiths chips or Thins  
A small tub of fruit
- (3) Jam Sandwich  
Whole boiled egg  
Small bag of Natural Confectionery Co Lollies  
Carrots sticks, rice crackers (Sakata plain) and a small tub of dip\*  
Sliced up apple in snap lock bag
- (4) Leftover roast meat, lettuce, grated cheese and mayo Wrap  
Caramel Bars\*  
Diced cheese  
Trail mix consist of Chickpeas, Pretzels, and Craisins (dried cranberries)  
Fruit Smash - Apple/Pear

- (5) Buttered Roll with unpeeled banana  
Small snack size Milkybar  
Butterscotch biscuits\* x 2  
Finger Bun pre-ordered from Baker's Delight/Brumbys\*  
A piece of fruit

You can pre-order plain iced finger buns from Baker's Delight or Brumbys. Just ask for plain finger buns with no spice wash and iced with just icing sugar and water. Some people have taken in their own containers to avoid contamination of spice wash from other buns.

## **LUNCHBOX RECIPES:**

### **Chicken Meat**

Place chicken fillets in baking dish on baking paper and bake for 20-25mins in a moderate oven. Slice and then place on foil lined trays till frozen and then pack in containers in the freezer. Simply place them on bread frozen and add an ice brick to the lunch box. They will thaw out by lunchtime.

### **Caramel Bars**

280g Jersey Caramels  
30g nuttelex/butter  
2 cups rice bubbles

Melt in the microwave Jersey caramels and Nuttelex in a large microwave jug for around 1 minute or so. Stir well to melt the remaining lumps. Pour in the rice bubbles and mix well. Spread into a lined loaf pan and press down hard. Set in fridge. Cut into small bars.

### **Teddy Bear Marshmallow**

Arnott's Teddy bear biscuits  
Pascal white marshmallow or mega marshmallow

Place small marshmallow, or half large, on the biscuit and microwave for around 10 seconds...watch it as it melts very quickly. Place the other teddy bear on top and leave till set.

### **Anzac Biscuit**

1 cup plain flour  
2 cups rolled oats  
¾ cup sugar  
125g butter/Nuttelex  
2 tbsp golden syrup  
2 tsp sodium bicarbonate  
2 tsp boiling water

Mix together flour, oats and sugar. Melt butter and syrup together. Mix bicarbonate with boiling water and add to butter mixture. Pour into blended dry ingredients and stir to combine. Place small spoonfuls of mixture onto greased oven tray, leaving room to spread. Bake at 160c for 15-20 minutes.

### **Butterscotch Biscuit**

125g Nuttelex/butter  
½ cup brown sugar, firmly packed  
1 tbsp golden syrup  
1 ¼ cups of self raising flour

Beat butter, sugar and golden syrup in a small bowl. Stir in sifted flour. Roll into balls. Place about 5cm apart on greased oven trays and flatten with a fork. Bake on greased trays for 15 (soft) to 20 minutes (very crunchy) at 180c.

## **Garlic and Chives Dip**

Combine 125g tub of Mainland cream cheese and equal volume of sour cream with 1 large clove of garlic crushed and 1 tablespoon chopped chives or to taste.

If a friend sent you this email and you want to join the SAFE Mailing list, please email us on [safenewsletter@additiveeducation.com.au](mailto:safenewsletter@additiveeducation.com.au).

If you have any comments or suggestions about this service, please also email us on the above email address.

*Please Note - Links are provided to help you in your search for information. AddEd does not take any responsibility for the content of third party sites. Please ensure you seek medical and dietary advice when making significant dietary changes and always check ingredients when purchasing products. Assessing the nutritional value of products in your diet remains your responsibility. The Food Intolerance Network can provide you with a list of dietitians and doctors who have an interest in the area of intolerance to food chemicals and additives. Email: [confoodnet@ozemail.com.au](mailto:confoodnet@ozemail.com.au)*

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